They're Your Best Critics

MAUREEN O'HARA . . . she knows what they like.

Advice to Milady
By LYDIA LANE

DRESS for MEN, Maureen Advises

HOLLYWOOD—Maureen O'Hara has been starred in 30 pictures, but her enthusiasm over recording her first record album of "Love Letters" makes one realize that the grass seems greener in other fields.

"Hollywood would not trust me with a musical," Maureen explained, "and since I've paid for all my own singing lessons, it is gratifying to feel that I've not been wasting my time."

The tea kettle began to sing. Maureen excused herself and came back surprisingly soon with a tea cart loaded with goodies.

"How do you indulge like this and still keep your figure?" I asked.

"Exercise and common sense," Maureen replied quickly. "I like to play golf, swim and walk, and when it comes to food I use discipline. Indulging is for special occasions. For everyday eating I have good habits."

I admired Maureen's beautifully fitted sheath, and the talk turned to clothes and how pleasant it is that the shapeless dresses had gone out of fashion.

"It seems to me that most women dress for other women. If a man disapproves of something, she'll dismiss his reaction by saying, 'He'll get used to it.' But I think this is a big mistake. If you have a sweetheart or a husband, dress for him! I don't buy a thing that doesn't receive approval from the male members of my family."

"What kind of clothes do they dislike?" I asked.

"Let me tell you what they like," she answered. "A good fit and waist line. Now and then I will come home with a lovely dress, but if it is not flattering to me they're quick to point this out.

"IF YOU DON'T have a male audience to consult," Maureen advised, "get a full-length mirror and try to be objective about yourself. Discover what looks best on you and make no concession to this. I'm five-eight, and as soon as I saw myself in a knee-length skirt I knew the proportions were all wrong. Every girl has a point on her leg which is most flattering. She can make concessions up or down, but she has to consider herself and her individuality before fashion.

"Most every woman I know well has asked me, 'When are you getting rid of that long hair? It's so unchic.' The men I know tell me how much they hate short hair and how they hope I'll never cut mine."

Maureen was sitting in the revealing light of an afternoon sun, and I was able to see the clear radiant texture of her skin.

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"I dislike make-up on me, and I was determined to take such good care of my complexion that I would be able to go without it," Maureen confided. "After a day on the set I really work to be sure that my face is thoroughly clean. I use a cream to cut the make-up and then I wash with soap and water and scrub with a soft tooth brush in a rotating motion. Then I rinse with warm water and finish with lots of cold water.

"My mother, who was an actress with Dublin's Theatre, has beautiful skin, and she advised me against getting in the sun. You only have to look around you to see the way it makes the texture lined and leathery," she exclaimed.

Bronwyn, her teen-age daughter, came into the room, and it was startling to see how much she had grown since I last saw her.

"You certainly don't look old enough to own her," I said, once were alone again.

"With care I think it's possible to keep your birthdays from showing," Maureen declared. "I believe in exercising my neck and face. It is common knowledge that a muscle loses its tone when it isn't used, so we should learn how to give the face and neck a workout. My mother is not young but the line of her throat is still firm. She told me long ago that if I intended to be an actress I should begin early to take care of myself. She showed me a series of exercises that she practiced faithfully. I have done these regularly ever since."

THIS WEEK'S ANAGRAM

How is your vacabulary? There is no better or more fascinating way to improve it than by solving these anagrams each week. Add the letters in the first column to the letters in the second column, and rearrange the letters so as to form a new word. Example: FEND plus SEE equals ???. Answer: DEFENSE. Can you solve the following anagrams?

(1)	LUTE	PLUS	APE	EQUALS	???
(2)	RICE	"	RUT	"	"
(3)	RISE	"	SOU	"	"
(4)	ISLE	"	OAT	"	"
(5)	SEER	"	SAP	"	"

Solution to today's anagrams are printed on Page 15.

THOUGHT FOR FOOD

By Muriel Wilson

HONEY 'n' LEMON . . . mmm!

DO YOU LIKE cinnamon toast? . . . Tea and toast before an open fire is my idea of one of the finer delights of life.

Next time you make cinnamon toast, whether to enhance the fireside cup of tea or for an after school snack for homecoming children, try making it with honey. Spread the toast with honey-butter, sprinkle with cinnamon and run under the broiler for a minute or two.

To make the honey-butter just blend equal parts of honey and soft butter and beat well. If you make more than can be used at the moment store it in a jar and use it when needed on waffles, hot cakes or toast. Try spreading it on squash before baking.

A long and interesting story could be written about honey. It is one of the oldest sweets known to man. For centuries it has been held in high esteem by peoples of all races. The Old Testament describes the ideal living place as a "land flowing with milk and honey." Down through the ages Romans and Greeks referred to honey as "food fit for the gods." Just as the honey bee intrigues the imagination of scientists and writers of prose and poetry, so the nectar-sweet liquid made by this interesting insect, compels the interest of every connoisseur of food.

Whether or not the nutritional value of honey has been overrated we will leave to the nutritionists. I can tell you that it is easily digested and that it is a fine source of energy. In this column we will consider it for its different and delectable taste.

Used in place of some or all of the sugar, it gives a new taste to cake, cookies and bread. It makes for a moister texture that has better keeping qualities. It adds zest to fruit, cereals, beverages and is an ideal glaze for many meats and vegetables.

What harried housewife hasn't wondered what she could prepare quickly for a dessert? Wonder no longer but serve "Honey 'n' Lemon Sauce" over gingerbread squares, chocolate cake or spice cake squares. It is simple to make but good enough to bring you compliments. It can be used hot or cold and here is how . . .

Combine one package of lemon pie filling mix with half a cup of liquid honey and one-quarter cup water in a saucepan. Add two well beaten egg yolks and blend well. Add two and three-quarters cups more water and cook over boiling water till thickened. This will have just the right consistency to pour out of a pitcher. If you want a fluffy sauce to ladle out of a bowl, fold in the stiffly beaten egg whites. Taste, and if you want a sweeter sauce add an additional quarter cup of honey.

And do try Honey Bran Muffins . . . Cream two tablespoons butter or margarine with half a cup liquid honey. Add two slightly beaten eggs, half a cup raisins and two tablespoons milk. Sift and measure one cup flour, three teaspoons baking powder and a quarter teaspoon salt. Add to batter. Last, stir in one-and-a-half cups all bran. Spoon into muffin pans and bake for about 30 minutes in a 350 degree oven. These are lovely and moist.

And now let's to break the tradition of "sugar for everything" and consider a few ways of using honey instead . . .

Mix honey with chopped pecan nuts and ladle over waffles.

Use honey as the sweetener for baked beans. Gives quite a different flavor.

Drop a spoonful of honey on the top of muffins before putting them in the oven. The honey will sink into the centre to surprise and delight the eater.

Mix honey, peanut butter, chopped dates and walnuts for a sandwich spread.

Add a little honey to regulation French dressing for fruit salad.

For a different topping for cake . . . Into a mixing bowl put one cup honey and two unbeaten egg whites. Beat until the mixture stands in peaks, then carefully beat in four tablespoons cocoa. This is a lovely topping for a white cake.

Love that honey-bee!